



2019-2020 Fall / Winter Program Guide

5892 Main Street
Trumbull, CT 06611

203-452-5060
www.trumbull-ct.gov/recreation

Register at: <https://recreation.trumbull-ct.gov>

GENERAL INFORMATION

Contact Information



5892 Main Street, Trumbull, CT 06611



203-452-5060



www.trumbull-ct.gov/recreation



<https://recreation.trumbull-ct.gov>



recreation@trumbull-ct.gov



facebook.com/trumbullparksandrecreation



instagram.com/trumbullparksandrecreation

Office Hours

We are open Monday-Friday from 9am-5pm

Closed on the following days:

- September 2nd
- October 14th
- November 28th
- November 29th
- December 25th
- January 1st
- January 20th
- February 17th

Meet the Team

Dmitri Paris	Parks Superintendent
Steve Chapman	Chief Ranger
Jill Hiriak	Recreation Manager
Dave Durand	Program Manager
Gretchen Xenelis	Office Manager
Christina Periero	Administrative Assistant
Mimi Gourley	Office Assistant
Mary Joan Wright	Youth Advisor
Merial Cornell	Youth Advisor
Emily Areson	Arts Coordinator

Frequently Requested Contacts

Parks and Recreation	203-452-5060
Park Rangers	203-372-4061
Arts Coordinator	203-452-5065
Golf Course	203-452-5188
Main Library	203-452-5197
Public Works	203-452-5070
Senior Center	203-452-5199
Social Services	203-452-5198
Counseling Center	203-452-5193
Police (non-emergency)	203-261-3665
Animal Control/Shelter	203-452-5088
Town Clerk	203-452-5035

Parks & Recreation Commission

All Parks and Recreation Commission meetings are open to the public and are held on the 2nd Monday of every month at 7:00pm at Town Hall.

REGISTRATION INFORMATION

Registration

You may register online by visiting <https://recreation.trumbull-ct.gov> or register in person at our office located at 5892 Main Street.

If you have registered for one of our programs or have received a park sticker in the past 3 years, your information is already in our system and you do not need to create a new household. If you need help logging in please contact our office at 203-452-5060.

If you have never registered for our programs or received a park sticker, please create a new account. Once created our staff will need to verify your residency before we activate your account. Please allow 2-3 business days for your account to be verified.

Refund Policy

- Refunds will be issued up to 15 days prior to program begin date less \$20.00 administrative fee.
- Refunds will be issued within 15 days of program start date only if space can be filled by applicant on wait list, less \$20.00 administrative fee.
- Refunds will be issued for medical reasons up to the program start date (physicians note may be required).
- Pro-rated rates or refunds will not be given.
- A full refund will be issued for any program canceled by the Parks and Recreation Department.

Discounts

Discounts are available on select programs. Current discounts available include:

Multiple Child Family Discount – Siblings age 16 and under registering for the same program and in the same session get a 20% discount (must be in the same transaction). This is only available on certain programs and will noted in the program description.

Senior Citizen Discount (age 62 and over) – 20% discount.

Income Based Discount – Full and Partial Waivers are available for those who qualify. Please contact Social Services at 203-452-5133 for additional information.

Weather Policy

- If school is cancelled, all programs are cancelled.
- If school is delayed, all programs before noon are cancelled.
- If school dismisses early, all afternoon and evening programs are cancelled.
- On days there is no school all notifications will be sent out via the QNotify system and will be posted on our Facebook page. To register for QNotify please visit www.trumbull-ct.gov and find "Stay Connected at the bottom of the page then click on 'Town Mailing Lists'.
- Weather related cancellations may not be rescheduled or given a refund.

Age Policy

Participants must meet the age requirement by the START DATE of the program. Our office may ask for proof of age (i.e. birth certificate) before allowing the participant to register. Age specific programs vary by season. Some examples of these programs are Children's Art and Sing-a-Long, Youth Swim Lessons and the Junior Camp (Summer Program).

INFORMATION AND SERVICES

Parks

Trumbull parks are open from dawn until dusk daily. Park stickers are required for all vehicles visiting Trumbull parks. Restroom facilities located with the parks will close for the season on October 15, 2019. Trash receptacles are not available in most parks. Please carry out what you carried in.

2019 Vehicle Park Stickers

Vehicle park stickers are required for all vehicles visiting Trumbull parks. Please bring a copy of your valid vehicle registration to the Parks and Recreation Office to receive your sticker. A photocopy or picture on your mobile device of your registration is acceptable. Visit the Parks and Recreation page on www.trumbull-ct.gov for conditions and guidelines.

Park Rentals

Our parks are the perfect place to host your next special event! We offer pavilion rentals at Old Mine, Twin Brooks and Unity Parks. The Abraham Nichols-Woods Estate is also available as a park rental. Please make your reservation at least 30 days in advance. Information on conditions, rates, and applications are available on our website.

Moving?

Have you moved within the state of Connecticut? Save yourself a trip to the DMV and change your drivers license or vehicle registration at our office. Simply bring in your current drivers license and proof of your new address and we'll submit the paperwork for you. Please visit our website for a list of acceptable forms of proof for Trumbull residency.

Discounted Movie Tickets

Going to the movies? Our office offers discounted movie tickets to Bow Tie Cinemas! Tickets are \$9 each and can be redeemed at the theater or online. We accept cash, Visa, Master Card or Discover. We apologize— we do not accept checks or American Express for movie tickets.

Oops!

Due to schedule changes program updates all information in this brochure is subject to change. Thank you in advance for your cooperation and understanding.

TODDLER PROGRAMS

Children's Sing-A-Long

Who: Children 1-3 years old

Location: The Barn at Indian Ledge

Fee: Residents: \$45 per child, per session
Non-residents: \$65 per child, per session

Pick Your Session:

- 1) October 7th - December 11th
- 2) January 6th - March 9th

Pick Your Day/Time:

- 1) Mondays, 10am-11am
- 2) Mondays, 11am-12pm

Sessions are 8 classes long. Class starts with casual play as participants arrive. Class activities include a circle time song, finger-plays, parachute play, and marching and rhymes. Each class ends with an interactive story and a hand stamp.

Comfortable shoes and dress are recommended. Parents/caregivers are asked to actively participate with their child. Many participants visit the playground after class, weather permitting. **Note: Parents should bring a snack and a spill-proof cup with drink for their child.**

FIT4MOM



Location: Twin Brooks Park

Times: Monday-Friday, 9:30am-10:30am
Saturday, 9:00am-10:00am

For more information, membership packages and to register please visit the Southeast Fairfield County FIT4MOM website at <http://seffco.fit4mom.com>

FIT4MOM is the nation's premier provider of pre and post-natal fitness programs. Stroller Strides® and Stroller Barre are stroller-based fitness programs designed for moms to do with their little ones. Classes are taught by certified fitness instructors and are a great way to get back into shape, have fun with your baby, and meet other moms.

During this 60-minute class, mom achieves a total body workout using exercise bands, the environment and the stroller, while baby has fun! We will incorporate power walking/jogging, strength training, toning, songs and activities into each workout.

Toddler Yoga

We now offer yoga for children ages 3-9. Check out our Yoga Page for more information.

Toddler Sports Clinics

We are excited to offer t-ball and multi-sport clinics for children ages 2-7. See our US Sports Institute page for more information.

Toddler Swim Lessons

Group swim lessons are available for children ages 2 and older. See our Swim Lesson page for more information.

YOGA FOR YOUTH

Toddler Yoga

A fun and playful yoga class where kids will do some basic poses, play games, sing songs and learn to relax and calm their minds and bodies with breathing exercises. A mindful movement class that helps with balance, flexibility and gaining strength. We focus on being kind to others, taking turns and using our imagination and curiosity to have fun. This is not a parent participation class.

Who: Children ages 4-5

Location: The Barn at Indian Ledge

Days: Fridays, November 15th-December 20th

No class November 27th

Time: 2:00-2:45pm

Fee: Residents: \$50 per person, per session

Non-Residents: \$70 per person, per session



Children's Yoga

In these mindful kids yoga classes, students will experience the ability to relax their bodies and minds through a series of activities and games. Students will move, play, connect with others using kindness and promote respect and learn to be their best selves. Yoga poses and breath work help bring about calmness, decrease stress and promote better decision making. All of this can create a more positive self image for a child while having fun!

Who: Children ages 5-9

Location: The Barn at Indian Ledge

Days: Wednesdays, November 13th-December 18th

No class November 29th

Time: 4:15-5:15pm

Fee: Residents: \$60 per person, per session

Non-Residents: \$80 per person, per session



ADAPTIVE PROGRAMS

Our adaptive programs are open to Trumbull residents with special needs at their families. See our Open Gym and Open Swim pages for more information.

Adaptive Open Gym

October 16, 2019 - April 1, 2020

Who: Trumbull residents ages 8-18

Location: Tashua Elementary School

Dates & Times: Wednesdays, 6:30-8:30pm

Fee: Free



Adaptive Open Swim

September 21, 2019 - April 4, 2020

Who: Trumbull residents ages 5-18

Location: Hillcrest Middle School Pool

Dates & Times: Saturdays, 1:30-2:30pm

Fee: Free



Adaptive Karate

Session 1: September 9th-October 28th

Session 2: November 4th-December 23rd

Session 3: January 6th– February 24th

Session 4: March 2nd– April 20th

Who: Ages 7+

Location: The Barn at Indian Ledge

Dates & Times: Mondays, 7pm-8pm

Fee: Residents: \$40 per person, per session

Non-Residents: \$50 per person, per session



IMPORTANT POOL INFORMATION

POOL RULES AND REGULATIONS MUST BE ADHERED TO AT ALL TIMES

A full list of rules and regulations are available on our website.

Entry Requirements

- Trumbull pools are open to Trumbull residents only.
- Children under 12 must be accompanied by an adult with an ID. No one may leave a swimmer under the age of 12 alone.
- Children 12 to 17 who do not have ID's must sign in with their name, address and emergency phone number.
- **EACH ADULT RESIDENT** must present their own valid driver's license or government issued picture ID that has their name and Trumbull address. Those without their ID will not be allowed entry.
- Spouses may not use each other's ID as proof of residency.

Attire

- Swimmers cannot wear anything but clothing that is intended to be swim attire.
- Diaper dependent patrons must wear swim diapers or snug plastic pants under their swimsuits Residents may purchase a swim diaper from the lifeguard for \$2.

Other Information

- Food and drink (except water) are not allowed on the pool deck.
- No floatation or swim aids (including but not limited to: swimmies, snorkels, fins etc.) allowed in the pools. EXCEPTION: Swimmer presents a doctor's note first to recreation offices then to the lifeguard on duty.
- No water propelling devices of any kind.
- No balls, water rockets or throwing any object or toy ever.
- Patrons must adhere to all Board of Education rules and regulations.
- Patrons must vacate the pool and locker room areas within 15 minutes of the end of the program they are attending.
- The Parks and Recreation Department and its agents may suspend privileges based on unsafe behavior or unacceptable conduct.

OPEN SWIM AT HILLCREST

Trumbull Parks and Recreation offers several open swim times for adults and families throughout the week at Hillcrest Middle School. These programs are open to Trumbull residents only. Picture ID with proof of Trumbull residency required for entry. All patrons must sign-in before entry.

Adult Early Bird

Adult Early Bird swim is offered for all Trumbull residents 18 years and older with proof of residency.

Early bird swim is offered year-round Monday through Friday from 6:00 a.m. – 7:15 a.m.

Family Open Swim

Family swim is offered for all Trumbull residents with proof of residency.

Thursdays 7:00-9:00pm – Starting Sept. 26th

Saturdays 2:30-4:00pm – Starting Sept. 21st

Sundays 1:30-3:30pm – Starting Sept. 22nd

Adult Open Swim

Adult swim is offered for all Trumbull residents 18 years and older with proof of residency.

Mondays 9:00-10:15am & 8:00-9:30pm – Starting Sept. 23rd

Wednesdays 9:00-10:15am & 8:00-9:30pm – Starting Sept. 25th

Sundays 12:00pm-1:30pm – Starting Sept. 22nd

Special Needs Swim

Special Needs swim is offered for all Trumbull residents with proof of residency.

Saturdays 1:30-3:30pm – Starting Sept. 21st

Open swim is not offered on school holidays or vacation periods, including the weekends.

Please check the school calendar at <https://www.trumbullps.org/general/calendar.html>

If school is cancelled or dismissed early due to snow, there will be no open swim. If school is delayed, programs and open swim times starting before 12pm are cancelled.

ADULT SHALLOW WATER FITNESS

This class is perfect for the person who wants to improve their endurance, muscle fitness and flexibility! Most of the class will be held in shallow-water with an option deep-water segment.

Recommendation: Bring a set of aqua bells to class.

Who: Adults, ages 18+

Where: Hillcrest Middle School Pool

Fee: Residents- \$50 per session

Non-Residents- \$70 per session

Senior discounts available for those ages 62 and older!

Weekday Morning Shallow Water Fitness

Class meets on Mondays and Wednesdays from 10:30-11:30am

Pick Your Session*:

- 1) September 23rd - November 13th (no class Sept. 30, Oct. 9, Oct. 14, or Nov. 11)
- 2) November 18th - January 13th (no class Nov. 28, Dec. 23, Dec. 25, Dec. 30, or Jan. 1)
- 3) January 27th - March 9th (no class Feb. 17)
- 4) March 16th - April 29th (no class Apr. 13 or Apr. 15)

Weekday Evening Shallow Water Fitness

Class meets on Mondays and Wednesdays from 7:00-8:00pm

Pick Your Session*:

- 1) September 23rd - November 13th (no class Sept. 30, Oct. 9, Oct. 14, or Nov. 11)
- 2) November 18th - January 13th (no class Nov. 28, Dec. 23, Dec. 25, Dec. 30, or Jan. 1)
- 3) January 27th - March 9th (no class Feb. 17)
- 4) March 16th - April 29th (no class Apr. 13 or Apr. 15)

Weekend Shallow Water Fitness

Class meets on Sundays from 10:00-11:00am

Pick Your Session*:

- 1) September 22nd - January 12th (no class Oct. 13, Nov. 10, Sept. 30, Dec. 1, Dec 22*, or Dec. 29)
- 2) January 26th - May 10th (no class Feb. 16, Mar. 15*, Apr. 13 or Apr. 19)

Sessions are 12 classes long. Classes may be cancelled due to weather conditions without refund or make-up class given. *Some sessions have make-up classes built into their schedule- see our website or registration page for more information.

ADULT DEEP WATER FITNESS

You'll decide the intensity level during this one-hour, deep water class.

Non-swimmers who are comfortable in deep water are welcome.

Recommendation: Bring flotation belt and a set of aqua bells to class.



WHO

Adults, ages 18+

WHERE

Hillcrest Middle School Pool

FEES

Residents- \$50 per session

Non-Residents- \$70 per session

Senior discounts available for those ages 62 and older!

WHEN

Mondays & Wednesdays

11:30am - 12:30pm

PICK YOUR SESSION*

Session 1: September 23rd - November 13th

Session 2: November 18th - January 13th

Session 3: January 27th - March 9th

Session 4: March 16th - April 29th

Sessions are 12 classes long. There are no classes on the following dates: Sept. 30, Oct. 9, Oct. 14, Nov. 11, Nov. 27, Dec. 23, Dec. 25, Dec. 30, Jan. 1, Feb. 17, Apr. 13, Apr. 15. Classes may be cancelled due to weather conditions without refund or make-up class given. Some sessions have make-up classes built into their schedule- see our website or registration page for more information.

YOUTH SWIM LESSONS

The Trumbull Parks and Recreation Department offers youth, ages 2 to 12, five comprehensive youth swim courses that will help to ensure the safety in the water. The prerequisite for each level is the successful completion of the skills from the previous level (except for level one which has no prerequisite.) All swim lessons are 35 minutes long. The first 5 minutes of the class is for attendance and stretching, the next 25 minutes will be spent on swim development. The last 5 minutes is set aside for winding down with jumping or another fun activity such as the diving board or slide. All participants must pass a skills assessment before advancing into another level.

Youth swim lessons run on Saturdays in six week sessions at Hillcrest pool.

FEES

\$50 per child, per session

Multi-child discounts available

PICK YOUR SESSION*

Session 1: September 21st - November 2nd

Session 2: November 16th - January 11th

Session 3: January 25th - March 7th

Session 4: March 21st - May 9th

*There are no classes Oct 12th, Nov 30th, Dec 28th, Feb 15th, April 11th, and April 18th. One make-up day is scheduled at the end of each session in case of cancellation. Dec 21st is reserved for a mid-session make-up day (if needed). Additional cancellations may not be given a make up date or refund.

Toddler & Me: Ages 2-5

Pick Your Time: 9:00am or 9:45am

Trumbull lifeguards will lead this fun and enriching program to introduce your child to the basics of swimming. The class is designed for children ages 2-5 years old. Each child must be accompanied in the water by an adult companion, preferably someone part of the child's household.

Level 1: Ages 5-12

Pick Your Time: 10:30am, 11:15am, or 12:45pm

This class will help make participants feel comfortable in water. Participants will work on the following: Entering and exiting water safely from the side & ladder with support. Submerging the face. Exhaling underwater through mouth and nose. Floating on front and back with support. Swimming on front & back, with support. Rolling over with support. Treading-exploring arm and hand movements in chest deep water. Basic water and safety rules.

YOUTH SWIM LESSONS CONT.

PICK YOUR SESSION*

Session 1: September 21st - November 2nd

Session 3: January 25th - March 7th

Session 2: November 16th - January 11th

Session 4: March 21st - May 9th

*There are no classes Oct 12th, Nov 30th, Dec 28th, Feb 15th, April 11th, April 18th. Dec 20 is an additional make up day (if needed).

Level 2

Prerequisite: All skills from Level 1

Pick Your Time: 10:30am, 11:15am, 12:00pm, or 12:45pm

This class will teach participants the fundamental skills necessary for independent swimming. Participants will work on the following; Entering the water independently by jumping, sitting, using stairs and ladders. Exiting water independently using ladder and side. Submerging the entire head for at least 5 seconds. Rhythmic pattern of exhaling while head submerged (bobs). Picking up a submerged objects at least 3 times. Floating on the front and back, unsupported. Performing front and back glide, unsupported. Rolling over unsupported. Swimming on front & back (elementary stroke) using combined arm & leg movement for 10 feet, unassisted. Treading-using arms and legs in chest deep water only, unsupported. Water safety and helping others.

Level 3

Prerequisite: All skills from Level 2

Pick Your Time: 10:30am, 11:15am, 12:00pm, or 12:45pm

This class builds on the skills of level 2 and develops strokes through these guided practices: Jumping into deep water from the side. Diving from a kneeling position. Performing a front and back float for 30 seconds. Submerging & retrieving an object in deep water. Performing front and back glides with 2 different kicks (together and separate). Learning to use rotary (side) breathing. Performing front and back crawl for 15 yards. Learning the basics of breaststroke arms and kicks. Treading- Changing from horizontal to vertical back again in deep water for 1 minute. Open turns on front. Water safety, helping others & reaching assist.

Level 4

Prerequisite: Skills from Level 3

Pick Your Time: 9:45am or 12:00pm

This class increases confidence and strength through improved skills from previous levels as well as learning new aquatic skills. Shallow diving from the side of the pool. Treading water for 2 minutes and survival float. Rotary breathing for front crawl. Lifeguard skills including performing a compact jump, stride jump, gentle entry, reach assist & throw assist. Back crawl, breaststroke and front crawl development. Side stroke. Flip turns on the front.

ADULT SWIM LESSONS

It's never too late to learn how to swim or to improve your skills! Our classes are for adults (ages 16 and up) at the beginner or intermediate level.

Adult swim lessons run on Sundays in six week sessions at Hillcrest pool.

FEES

\$50 per person, per session



PICK YOUR TIME

11:00am - 11:30am

11:30am - 12:00pm



PICK YOUR SESSION*

Session 1: September 22nd - November 3rd

Session 2: November 17th - January 12th

Session 3: January 26th - March 8th

Session 4: March 22nd - May 10th

*There are no classes Oct 13th, Dec 1st, Dec 29th, Feb 16th, April 12th, and April 19th. One make-up day is scheduled at the end of each session in case of cancellation. Dec 22nd is a mid-session make-up day (if needed). Additional cancellations may not be given a make up date or refund.

KARATE

Adaptive Karate

Who: Ages 7+

Location: The Barn at Indian Ledge

Dates & Times: Mondays 7pm-8pm

Session 1: September 9th-October 28th

Session 2: November 4th-December 23rd

Session 3: January 6th– February 24th

Session 4: March 2nd– April 20th

Fee: Residents: \$40 per person, per session

Non-Residents: \$50 per person, per session

Instructor: Sensei Philip Lehrman

This program is designed to introduce students with special needs to Martial Arts, and is tailored to accommodate a range of special needs issues and developmental challenges. Students will learn balance, control, coordination, vocabulary, as well as fundamental Karate moves and principles, while developing self-respect and confidence. Students age 7 and up, and their family members, are invited!



Note: The program requires participation with a minimum of one parent who must attend the class and assist with their own children.

**More programs are
being added!**

**Check our website for
the most up to date
listing of programs.**

Budo Karate

Who: Trumbull residents

Days: Tuesdays and Thursdays

Times: 7pm-8pm

Advanced Karate meets from 8-8:30pm

Location: The Barn at Indian Ledge

Fee: \$60 per person, per session

Multi-child discounts available

Pick Your Session:

1) September 19th-November 19th

2) November 21st-January 28th

Instructor: Sensei Susan Pacanowski

Japanese karate is rooted in a philosophy of self-improvement, discipline and hard training.

For Children, it helps develop skills to stay safe and succeed in life.

For Adults, the focus is on personal development or mental strength and self-defense.

For Families, karate offers a bonding activity that provides great health benefits.

Benefits of Budo Karate Include:

Balance & Coordination

Strength

Stamina

Flexibility & Range of Motion

Concentration & Focus

Stress Reduction

Self-Defense

Discipline & Motivation

Friendship & Comradery

COED VOLLEYBALL LEAGUES

We are excited to offer two volleyball leagues this fall!

Our Power League meets on Wednesday evenings and is geared towards experienced players with a higher skill level and knowledge of the sport.

Our Rec League meets on Monday evenings and is designed for less experienced players who are just looking to have fun! The leagues run late-October through mid-April and consists of a round robin followed by a single elimination tournament.

Days: Mondays- Rec League, Wednesdays- Power League

Start Dates: November 11 (Rec) & November 13 (Power)

Times: Games start at 6:30, 7:30 or 8:30pm

Location: Madison Middle School Gym

Fee: varies– will be based off the number of registered teams

All players must be 18 years of age or older. Teams must be comprised of both males and females and must meet certain eligibility criteria:

A minimum of 60% Trumbull residents

OR

100% of players are employees of a Trumbull-based business

Interested but don't have a team? Have a team but didn't participate in the league last year? Call Dave at 203-452-5060 for assistance.

You may also register as a team or individual on our registration page. No payment will be required until teams and cost are finalized.

FITNESS BOOT CAMP

Take your fitness to the next level with this fun and challenging outdoor exercise program that is appropriate for all ability levels. This class combines cardiovascular fitness, strength training, agility, balance and coordination to create a complete and unique workout. If you enjoy fun, friendly competition and teamwork, this is the class for you and your friends! Participants are asked to bring a towel, exercise ball and a full bottle of water. During the summer months, the group moves outside.



AGES: Trumbull residents ages 18+

DAYS: Every Tuesday & Thursday

TIME: 6:30-7:30pm

LOCATION: The Barn at Indian Ledge

FEE: \$120 for 6 classes

Participants may take the 6 classes at any time and do not have to attend 6 classes in a row.

Upon registration, participants will complete a health history form and exercise waiver. A doctors note may be required if certain medical conditions exist.

Chris Terenzio is an ACE Certified Personal Trainer. Please call Chris at 203-253-3179 or email: spinlordct@aol.com for more information.

GRADES K-3 BASKETBALL LEAGUES

Cost: \$60 per player

Multiple-child discount available

Non-residents may register as space allows. Non-resident fee \$80 per player.

Dates: Saturdays from November 9, 2019 - April 4, 2020

Dates subject to change based on school availability and weather closures

Our K-3 Rec Basketball League is offered to Trumbull residents. Boys and girls meet on Saturdays and participate with volunteer coaches in practice, drills and scrimmages.

Participants must register for the league that corresponds with the grade they are enrolled in during the 2019-2020 school year. Teams will be made by the Parks and Rec office. Requests for team placement is not available in this league. Players will be given a 2019-2020 Rec Basketball League t-shirt (included in the registration fee).

Coaches needed! Our parent volunteer coaches are an integral part of our basketball league and needed for all ages. Without our volunteers, our leagues would not be able to operate. Even if you do not have basketball knowledge, your time and effort are more important!

Boys Basketball Leagues Schedule:

K & 1st Grade: Middlebrook between 12pm - 3pm

2nd Grade: Daniels Farm between 12pm - 4pm

3rd Grade: Middlebrook between 9am - 12pm

Girls Basketball Leagues Schedule:

K & 1st Grade: Saturdays at Frenchtown between 8am - 12noon

2nd & 3rd Grades: Saturdays at Frenchtown between 12pm - 3pm

HOLIDAY DATES FOR ALL LEAGUES

December 21 - January 1, January 20, February 14 - 17, March 23

Please refer to your league schedule for school specific cancelations.

GRADES 4-12 BASKETBALL LEAGUES

Cost: \$60 per player

Multiple-child discount available

Non-residents may register as space allows.

Jersey: \$15 each

Jerseys are required. Players may use a jersey from the 2018-2019 season— please let us know the jersey number when you register.

Dates: December 2, 2019 – March 31, 2020

Dates subject to change based on school availability, holiday schedule and weather closures

These Rec Basketball Leagues are open Trumbull residents in grades 4-12. Participants must register for the league that corresponds with the grade they are enrolled in during the 2019-2020 school year. Boys and girls will meet on various days during the week and will participate in a round robin league followed by a single elimination tournament. Players will have the opportunity to show off their skills to the coaches to be placed on a team— ALL PLAYERS MAKE A TEAM! Placement dates will be announced at a later date.

Coaches needed! Our parent volunteer coaches are an integral part of our basketball league and needed for all ages. Without our volunteers, our leagues would not be able to operate. Even if you do not have basketball knowledge, your time and effort are more important!

Boys Basketball Leagues Schedule:

4th Grade:	Tuesdays or Thursdays at Jane Ryan between 6pm - 9pm
5th & 6th Grades:	Monday, Tuesday, Thursday at Daniels Farm between 6 - 9pm or Saturdays at Daniels Farm between 9am - 12pm
7th-9th Grades:	Monday or Wednesday at Hillcrest between 6pm - 9pm or Saturdays at Hillcrest between 8am - 12pm
10th—12th Grades:	Tuesdays or Thursdays at Hillcrest between 6pm - 9pm

Girls Basketball Leagues Schedule:

4th Grade:	Monday or Wednesday at Frenchtown between 6pm - 9pm
5th & 6th Grades:	Tuesdays or Thursdays at Frenchtown between 6pm - 9pm
7th-12th Grades:	Monday or Wednesday at Middlebrook between 6 - 9pm

Trying out for a school or travel basketball team? If you make that team you will be given a full refund!
HOLIDAY DATES FOR ALL LEAGUES: December 21—January 1, January 20, February 14-17, March 23

BASKETBALL CLINIC

This one night clinic, led by the THS Girls Basketball Team and Coach Steve Tobitsch, is a great way for girls to practice their skills before Rec Basketball League games begin! Girls in grades K-12 will practice drills and hone their skills along side the current THS team.

All proceeds will benefit the THS Girls Basketball Team.



Who: Trumbull Girls in grades K-12

Day: Monday, November 25th

Time: 5pm-6:30pm

Where: THS Gymnasium

**Fee: \$10 per child online (must register by 5pm on November 22nd)
\$15 at the door (cash only please)**

Registration: Online at <http://recreation.trumbull-ct.gov>

Questions? Email stobitsc@trumbullps.org

YOUTH SOCCER CLINIC

Trumbull P&R are delighted to announce a partnership with CT Soccer Network to run Winter Indoor Soccer Skills Clinics. CT Soccer Network is overseen by UEFA A License and NSCAA Premier Diploma holder Rich Sutherland, who is also the Trumbull HS Girls Varsity Soccer Coach.

4 - 6 year old Skills Program

The 4 - 6 year old program will work on the young player's coordination, motor skills, social interaction and basic soccer skills with thousands of touches on the soccer ball. Games will be from the "fantasy world" to help the child's imagination run free!

7 - 10 year old Skills Program

Our 7 - 10 year old clinics will run a fun and developmentally challenging curriculum which will touch on dribbling, passing, first touch and shooting sessions. The sessions are designed to focus on skill development and allow the players to enjoy conditioned small sided game play.

Who: Trumbull residents ages 4-10

Days: Fridays

Times: Ages 4-6: 4:00-4:55pm

Ages 7-10-: 5:00-5:55pm

Where: Madison Middle School

Fee: \$99 per child, per session

Pick Your Session:

1) November 22nd-January 17th

No class on November 29, December 20 or 27

December 20th is reserved for a mid-session make up if needed.

2) January 31st-March 13th

No class February 14

These winter clinics will encompass all players from 4 year olds through to 10 year old players. Each age group will work from a specific curriculum to ensure maximum touches and ongoing development. These programs are designed to bridge the gap between the Fall and Spring seasons. These dates have been selected specifically to allow players a chance of some additional time with the ball over the winter months which will help significantly with the progression back into spring soccer.

YOUTH VOLLEYBALL CLINIC

Our volleyball clinic is offered to Trumbull boys and girls entering grades 4-12. Our staff will run drills and games with players to help develop their skills and teach them the sport. Rules will be taught throughout the clinic.

Who: Trumbull residents in grades 4-12

Days: Saturdays

Times: Grades 4-6: 4:00-5:00pm

Grades 7-12: 5:00-6:00pm

Where: Daniels Farm School

Fee: \$50 per child, per session

Multi-child discount available

Pick Your Session:

**1) November 2nd—December 14th
(no class on November 30)**

2) January 4th—February 8th

OPEN RECREATION

We are excited to offer Roller Skating and Badminton this year on Fridays at Middlebrook Elementary School. No instruction is provided with either of these programs. Roller Skating and Badminton are open to Trumbull residents only— picture ID and proof of residency required. All patrons must sign-in prior to entry.

Programs are subject to school availability and will not take place during school cancelations, early dismissals, or school holidays. Please refer to the Trumbull Parks and Recreation “Open Recreation” website off of the Trumbull Town website for other Fridays the program may not be held.

Roller Skating and Badminton begin the week of November 8th, 2019 and will end March 27th, 2020.

Roller Skating



Who: Trumbull residents age 5 & up

When: Fridays from 4:30-6:00pm



Grab your roller-skates and join us at the Middlebrook Elementary School Gym! Don't own your own pair? We do have a limited number of roller skates available that can be used for free (children's sizes only).

Badminton



Who: Trumbull residents age 16 & up

When: Fridays from 6:30-9:00pm



Drop In badminton will take place on Friday evenings at the Middlebrook Elementary School gym. Nets are provided but players must bring their own racquet and have a racquet and shuttlecock.

OPEN RECREATION

Basketball

Trumbull Parks and Recreation offers open gym time at various Trumbull Schools for residents to play basketball. This program is open to Trumbull residents only— picture ID with proof of residency is required. Parents or an adult must accompany children under the age of 13. All patrons must sign-in prior to entry.

Programs are subject to school availability and will not take place during school cancelations, early dismissals, or school holidays/vacations. There are no open gyms during school holidays and vacations including holiday weekends. Please check the school calendar at <https://www.trumbullps.org/general/calendar.html> and visit our website for more information.

Open Rec Basketball begins October 15th, 2019 and ends April 10th, 2019.



- MONDAYS:** Tashua Elementary School 6:00-9:00pm- Open to all ages
- TUESDAYS:** Booth Hill Elementary, 6:00-7:30- Children under 12 and their families only
Booth Hill Elementary, 7:30-9:00pm- Children 12-18 and their families only
- THURSDAYS:** Booth Hill Elementary 6:00-9:00pm- Open to all ages
- FRIDAYS:** Hillcrest Middle School, 6:00-9:00pm- Open to all ages
- SATURDAYS:** Hillcrest Middle School, 12:30-3:30pm- Open to all ages
Tashua Elementary, 12:30-3:30pm- Children under 12 and their families only
- SUNDAYS:** Hillcrest Middle School 12:30-3:30pm- Open to all ages
Madison Middle School 12:30-3:30pm- Open to all ages

DROP-IN VOLLEYBALL

Love volleyball but don't want to join a league? Join us on Wednesday evenings for drop-in volleyball games at Daniels Farm Elementary!

Who: Trumbull residents ages 18+ 

When: Wednesdays from 6-9pm

- Beginner/Intermediate Players: 6-7pm

- Intermediate/Advanced Players: 7-9pm

Where: Daniels Farm Elementary School

Fee: Free

TEEN ADVENTURE GROUP

The Teen Adventure Group offers fall and winter trips for Trumbull teens in grades 6-12. Trips include indoor and outdoor challenges promoting team building & leadership skills.

Please do not arrive prior to the time listed. Trips depart 15 minutes after drop off. Participants must bring their own lunch unless otherwise. Departure and return times are approximate and will be confirmed closer to the event date.



Skiing and Snowboarding

Day: February 14, 8:30am-5pm

Location: Mount Southington, Middletown, CT

Fee: \$80 per person



Test your skills on the slopes of scenic Mount Southington. Equipment rental, lesson and lift ticket included. Helmets are not included in the price– participants may bring their own or rent one from Mount Southington (limited availability). We will spend the day hitting the slopes and having a great time building friendships and having fun.

Drop-off and pick-up is from The Barn at Indian Ledge.

February 14th is a snow make-up day for Trumbull Public Schools. If students have school that day this trip will be cancelled and all participants will be given a full refund.

Paintball

Day: April 16, 8:30am-4:30pm

Location: Yankee Paintball

Oxford, CT

Fee: \$70 per person



Test your skills on 5 different paintball fields! After your game is over come back to the staging area, refill your air and paintballs, then head to another fields. All gear and safety equipment will be provided. Please do not bring your own paintballs.

Drop-off and pick-up is from The Barn at Indian Ledge.

S.T.E.A.M. PROGRAMS

**ENGINEERING
IMAGINATION, LLC**



**Illuminating a world
of engineering for youth.**

Engineering Imagination Inc.

Who: Children in grades 1-3

Dates: November 1st, 8th and 15th

Time: 4:00-6:00pm

Location: The Barn at Indian Ledge

Fee: Residents—\$65 per person

Non-Residents—\$85 per person

This 3-class program meets in THE BARN at Indian Ledge Park on the first floor. Classes will be held on November 1st, 8th and 15th from 4pm to 6pm. It is open to boys and girls in grades 1 to 3.

In this after school engineering "fundamentals" program, students will learn from a customized and unique S.T.E.A.M. (science, technology, engineering, architecture, mathematics) based curriculum while having FUN! The primary medium used for these classes is LEGO TECHNIC. For students of all ages, LEGO is an attractive, efficient and fun learning method. Through creativity and enjoyment, encouraged by LEGO, participants will enjoy themselves while learning essential engineering terms and concepts along the way.

US SPORTS INSTITUTE

The US Sports Institute (USSI) provides year-round sports programs that enable children to grow in an atmosphere that promotes integrity, self-esteem, positive values, and good sportsmanship.



Sports Squirts Clinics

Sports Squirts programs are designed to introduce children ages 2-7 to a variety of sports in a safe and structured environment. All games and activities will encompass hand-eye coordination, balance, agility and movement— all key factors to the early development of children in sports.

Pick Your Session

Session 1: November 24-January 26

Session 2: February 9-March 22

Multi-Sport Clinic

Day: Sundays

Where: Hillcrest Middle School Gym

Times: 1) Parent & Me, ages 2-3, 9-10am

2) Sport Squirts, ages 3-5, 10-11am

3) Senior Squirts, ages 3-5, 11-12pm

Fee: Resident- \$129, Non-Resident- \$149

Players will focus on developing their technique and skills within each sport and will gain a basic knowledge of playing a scrimmage. Sports may include baseball, flag football, kickball, soccer, lacrosse, field games, and more.

T-Ball Clinic

Day: Sundays

Where: Hillcrest Middle School Gym

Times: 1) Parent & Me, ages 2-3, 9-10am

2) Sport Squirts, ages 3-5, 10-11am

3) Sport Squirts, ages 3-5, 11am-12pm

Fee: Resident- \$129, Non-Resident- \$149

These t-ball programs are the perfect introduction to baseball and softball for your young slugger! All of the classes are designed to develop skills including hitting, catching, throwing, and base-running.

EQUESTRIAN LESSONS & CAMPS

Provided by The Ridge Equestrian Center

The Ridge Equestrian Center offers camps and lessons to area youth ages 4 and up. These programs focus on safely educating young equestrians of all levels on the basics of horse care and riding.

During the camps riders will have a short meeting then go directly to the barn where they will spend the whole day riding, grooming, bathing and feeding the ponies and horses.

Private Lessons

Ages: All Ages

Location: The Ridge Equestrian Center

Dates: Call to book

Fee: \$220 for four, 30-minute lessons
\$300 for four, 1-hour lessons

Learn to ride with one-on-one instruction provided by the experienced staff at The Ridge. Each package includes 4 lessons. Lessons are available on Wednesday-Sunday. Please call to schedule.

Thanksgiving Camp

Ages: 4-18

Location: The Ridge Equestrian Center

Dates: Friday, November 30th

Time: 10am-3pm

Fee: \$85 per person

Please bring your own lunch.

Holiday Camp

Ages: 4-18

Location: The Ridge Equestrian Center

Pick Your Day(s): December 26th, 27th, 30th, 31st

Time: 10am-3pm

Fee: \$85 per person, per day

Please bring your own lunch.

The Ridge Equestrian Center

17 Papoose Hill Road
Newtown, CT 06470
203-426-8212

TENNIS

Marcy's Tennis Academy Trumbull Parks and Recreation



Turtles

Wednesdays

1/8, 1/15, 1/22, 1/29, 2/5, 2/12
2/19, 2/26, 3/4, 3/18, 3/25, 4/1
(4/8 makeup date)

5:00 – 6:00 pm

Ages 5 – 8

\$200 for residents

\$210 for nonresidents

Dolphins

Wednesdays

1/8, 1/15, 1/22, 1/29, 2/5, 2/12
2/19, 2/26, 3/4, 3/18, 3/25, 4/1
(4/8 makeup date)

6:00 – 7:00 pm

Ages 9+

\$200 for residents

\$210 for nonresidents

Since 1995, Marcy's Tennis Academy (MTA) has brought the fundamentals of tennis to over 50 schools /community organizations and we are very excited to bring MTA to Trumbull Parks and Recreation this winter. Give your child a chance to learn the life-time sport of tennis in a fun-filled environment. We emphasize character building and sportsmanship while offering a fantastic time!

- Tennis will be at Jane Ryan Elementary School gym, 190 Park Lane, Trumbull, CT
- Students must dress appropriately with proper athletic shoes
- Sign up includes tennis instruction, MTA t-shirt, progress report, and prizes
- Students must bring a tennis racket or HEAD junior rackets can be purchased at www.marcystennis.com

SIGN UP NOW AT WWW.MARCYSTENNIS.COM

FUTURE STARS

FUTURE STARS CHILDREN'S FOUNDATION



BASKETBALL

2019-2020

Boys & Girls, Ages 5-9

*Lower hoops and Jr. basketballs



**Notre Dame High School,
220 Jefferson St., Fairfield, CT**

Sundays, 9:00 to 10:30am

Session 1—10/27, 11/3, 11/10, 11/17, 11/24 & 12/1

Session 2—12/15, 12/29 1/5, 1/12, 1/19 & 1/26

Session 3—2/16, 2/23, 3/1, 3/8, 3/15 & 3/22

A non profit organization established for the benefit of youth offering comprehensive camps which include:

INSTRUCTION, GAME PLAY, EDUCATIONAL DISCIPLINES and "LESSONS OF LIFE" Program

**Tuition Includes:
Future Stars T-shirt
& Giveaways**

Insports Centers, 29 Trefoil Dr., Trumbull

4:15 to 5:30pm

Session 1 Tuesdays—11/5, 11/12, 11/19, 11/26, 12/3, 12/10 & 12/17

Session 2 Mondays—1/6, 1/13, 1/27, 2/3, 2/10, 2/24 & 3/2

Session 3 Tuesdays—3/17, 3/24, 3/31, 4/7, 4/21, 4/28 & 5/5

\$135 per session *for Trumbull Residents

SPONSORED BY TRUMBULL RECREATION

Register at the Trumbull Parks & Recreation Dept.

(203) 452-5060 www.trumbull-ct.gov

5892 Main Street, Trumbull, CT 06611



PICKLEBALL



**Indoor Pickleball
is coming this
winter!**

**Check back for dates
and times.**